

# [PDF] Download Results: Think Less. Achieve More Full Book



## Book details

- Author : Jamie Smart
- Pages : 312 pages
- Publisher : Capstone 2016-12-12
- Language : English
- ISBN-10 : 0857087096
- ISBN-13 : 9780857087096



## Book Synopsis

Life can be a bit overwhelming sometimes, right? It can be difficult to clear your mind of a million different anxieties and focus in on the one thing you need to get done. Bestselling author of Clarity and The Little Book of Clarity goes one step further with Results by using his Clarity Coaching Model to help you de-clog your mind so you can make better decisions, prioritise and focus on achieving those important goals. Develop a deeper understanding of why you act the way you do and awaken your inner potential. Jamie's transformational coaching techniques will help you improve in all areas of your life, from developing your listening skills during meetings at work to reducing the levels of stress in your life. These techniques will see you through three important changes – your personal transformation that will see you gaining confidence and understanding your own behaviour, your interpersonal transformation to guide you in having an impact on those around you, and lastly your commercial transformation to get your professional life moving in the direction you want. Results is full of helpful examples and exercises to get you on the road to the results you need. Learn how to: Prioritise and focus on the right goals at the right time Achieve the results you want by following the Clarity Coaching Model Improve your overall performance to gain better relationships with your colleagues, close friends and family Add more purpose to your life by allowing time for creativity and innovation Encourage others to follow in your footsteps! Praise for Results: "This book is going to wake up your innate ability to create results." – Shāā Wasmund MBE, author of the Sunday Times No. 1 bestseller Stop Talking, Start Doing "A visionary guide to success in the new transformation economy" – simple principles, practical applications and bottom line results. – Michael Neill, No. 1 bestselling author of The Inside-Out Revolution and The Space Within "Results shows you how to unlock the potential of all individuals and every type of organization." – Eva Hamilton MBE, Founder and CEO, Key4Life "Results is a pleasure to read and full of deep insights into preparing ourselves for a more innovative way of thinking and organizing" – it provides a guiding philosophy which puts our innate capacities at the heart of everything. It is a book that anyone interested in innovation – both inside and out – should read." – Paul Sternberg, Associate Dean and Head of Design Innovation, Ravensbourne University "There is a magic in this book, offering wisdom to everyone. Blink and you'll miss it. Blink and you'll get it." – Jim

Lewcock, CEO, The Specialist Works "Jamie Smart has cracked the code for creating real results in a way that fits perfectly with who you really are." Rich Litvin, Founder, 4PC and co-author of The Prosperous Coach "As an owner of a business a key success factor for me has been to focus on discovering and working with authentic people that enable me to continually deliver results. Without doubt the clarity principles and Jamie's insights have been an exponential multiplier for me in my business and personal life." Chris Norton, Director, Mentor Group "Results provides a refreshing approach to personal and entrepreneurial transformation, and most importantly to achieving results!" Vlatka Hlupic, award-winning author of The Management Shift "We all know we can have our best ideas, have a clarity of insight, at unexpected times. In this book, Jamie Smart shows how we can have more moments of lucid clarity and how we can marry that clarity with a propensity to action to achieve results." Peter Lake, Managing Director, Aztec Aspire "Jamie Smart's book connects the dots so often missing between understanding and excellent, creative actions that get results in the real world. A very stimulating book!" Steve Chandler, author of Time Warrior "If you want to know what it really takes to get results and live your life to the fullest, this book is the answer. The human pursuit of success is never the problem. It's our understanding of how life works that gets in the way of our natural capacity to create, thrive and prosper as individuals and as a society. In a clear, engaging and practical way, Jamie lays out a crucial road map that will show you how getting results is far easier than you realize. Highly recommended." Chantal Burns, No. 1 bestselling author of Instant Motivation "Results: Think Less, Achieve More is total wisdom power. Understanding what Jamie Smart presents will allow you the insights and realizations that awaken your innate ability to create truly transformative results." Mark Howard, PhD, Three Principles Institute "Results: Think Less, Achieve More points you to the blueprint of where success truly comes from. This book will guide you to the source of life-changing insights. Well done, Jamie!" Catherine Casey, M.A. Clinical Psychology, Principle Based Consultant "Results is an insightful and impactful book that flies in the face of the all too common shallow and ineffective self-help advice. This book has the potential to make a significant positive impact on your life." - Simon Hazeldine, bestselling author of Neuro-Sell "In this compelling book, Jamie Smart de-mystifies what underlies true transformation and your ability to get results in any aspect of your personal and professional life. Put on your seat belt and be prepared to have your conventional way of seeing the world be rocked, while simultaneously being introduced to an exciting new way of perceiving yourself and your world!" Dicken Bettinger, Ed.D., retired psychologist, global seminar leader, founder of 3 Principles Mentoring, and co-author of Coming Home "The power of a clear mind is pretty much universally understood when it comes to stillness, tranquillity and happiness. Yet almost never is it linked to achievement, excellence and consistent results. Until now. In this profound book, Jamie Smart walks us through the extraordinary (and innate) process of experiencing a shift of consciousness or change of heart, first. Then cultivating the outcomes of our dreams becomes as simple as one, two, three." Garrett Kramer, founder of Inner Sports and author of Stillpower and The Path of No Resistance